



Referral Form for POC Therapy in the Community Workshop

Workshop Overview

Welcome to the "POC Therapy in the Community" workshop! This program is designed for individuals aged 18 to 30 who identify with neurodivergent needs and seek friendship, support, and personal growth.

Workshop Details

Session Schedule: Each session will be held from 5:00pm to 7:00pm on the following dates:

- ◆ Monday 15th September: **Introduction to Psychotherapy**
- ◆ Monday 22nd September: **Vision Boards**
- ◆ Monday 29th September: **Understanding Depression and Anxiety**
- ◆ Monday 6th October: **Arts and Crafts**
- ◆ Friday 17th October: **Building Confidence**
- ◆ Monday 20th October: **Relaxation and Mindfulness Techniques**
- ◆ Monday 27th October: **Self-Care and Well-Being**

Cost

£150 upfront fee for all six sessions (£25 per session). Counseling is provided free of charge, including weekly sessions for six weeks.

Light Refreshments

Light refreshments, including drinks and snacks, will be included in the price.



Eligibility Criteria

To participate in this workshop, please ensure you meet the following criteria:

- 1. Neurodivergent Needs:** You identify with neurodivergent traits (diagnosis is not necessary).
- 2. Age:** You are between the ages of 18 and 30, **[Yes/No]**
- 3. Location:** You reside in Birmingham. **[Yes/No]**
- 4. Commitment:** You agree to attend all workshop dates listed above. **[Yes/No]**

Payment Information

Are you able to pay the £150 upfront fee? **[Yes/No]**

If No, please explain your situation:

Participant Information

Full Name:

Email Address:

Contact Number:

Preferred Contact Times:

Additional Support

The workshop aims to create a safe space where participants can connect and share experiences. A WhatsApp group will be established for ongoing support and interaction outside of sessions. Feedback will be collected at the end of each session.

Next Steps

If you are interested in participating, please complete the form above and submit it to us. Spaces are limited to 10 participants and they are filling up quickly. We will reach out to you for an assessment to determine your eligibility for the workshop.





Mental Wellbeing Referral Form

Thank you for reaching out to improve your mental wellbeing. This referral form is designed to help us understand your needs and connect you with the right support, whether you're looking for counselling, life coaching, or workshops to enhance your mental health.

If you are experiencing depression, anxiety, uncertainty about your life purpose, or if you have a diagnosed mental health condition or neurological divergent needs, we are here to help. Please fill out the form below, and we will aim to contact you within 14 days to discuss the next steps.

Personal Details

Full Name:

Date of Birth (DD/MM/YYYY):

Contact Number:

Email Address:

Home Address:

Postcode:

Gender:



Support Preferences

What would you like support with? (Please circle all that applies to you)

- ◆ **Group Sessions**
- ◆ **1:1 Counselling Sessions**
- ◆ **One-to-All Sessions**
- ◆ **Online Sessions**
- ◆ **Workshops**
- ◆ **Life Coaching**
- ◆ **Counselling for Couples with Depression**

Additional Information

Would you like to be added to the waitlist for affordable counselling?
(Please select all that applies to you by a tick)

- ◆ **Yes**
- ◆ **No**

Thank you for completing the referral form. We will contact you within 7 - 10 days to arrange the best support for you. If you have any urgent needs, please don't hesitate to reach out directly.

